

Matter of Balance (MOB)

Program Goal: Reduce fall risk and fear of falling and promote physical activity in adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling.

Program Format: Conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by volunteer lay leaders called coaches. Matter of Balance (MOB) teaches a simple strengthening exercise program and practical coping strategies to gain confidence by learning to:

1. View falls as controllable
2. Set goals for increasing activity
3. Make changes to reduce fall risk at home
4. Exercise to increase strength and balance

Program Development: The Roybal Center for Enhancement of Late-Life Function at Boston University, with a grant from the National Institute on Aging, developed the original model. Healthcare professionals led classes in the original model. MaineHealth, with other partners, implemented the current lay leader model in 2003.

Program Results: Studies found participants had a decreased fear of falling by:

- Increasing fall self-efficacy*
- Increasing fall control*
- Increasing fall management*

Program Alignment: Results Washington Goal 4: Healthy & Safe Communities, Supported People, Quality of Life 3.2 to "Increase the percentage of long-term service and support clients served in home and community-based settings". Healthcare Authority's Common Measures, #59- Falls With Injury and #55- Potentially Avoidable Use of Emergency Department.



"A Matter of Balance was most helpful - it made me more aware of what can be done to ensure safety at home. The class provided a definite time each week to meet and discuss concerns with others. I wish we had even more exercise activities at each class. Great to share and learn!"

Find out more: mainehealth.org/mob

Key Words: fall prevention, group setting, self-management, health promotion

